

LANCASHIRE FIRST CIO

Charity Number 1197245

Annual Report and Financial Statements

Year ended 31ST December 2024



www.lancashirefirst.org

Lancashire First CIO

Year ended 31st December 2024

Reference and administrative details

Trustees	Mohammad Iftakhar Moazzam Ali Mohammed Ismail
Principal address	15 Dover Street Nelson Lancashire BB9 7RF
Bankers	HSBC 12 Manchester Road Burnley Lancashire BB11 1JH
Registered Charity Number	1197245
Independent Examiner	M R Heaton FCCA FCIE DChA KM Chartered Accountants 1 st Floor, Block C The Wharf Manchester Road Burnley BB11 1JG

Lancashire First CIO

Year ended 31st December 2024

TRUSTEES ANNUAL REPORT

The trustees present their annual report and financial statements of the charity for the year ending 31st December 2024.

OBJECTS

The objects of the charity as per the constitution are:

For the public benefit, to relieve the needs of individuals with learning disabilities and by extension their families and carers living in Lancashire in particular, but not exclusively by the provision of appropriate workshops, events and activities.

Activities

The detailed annual review which accompanies this report shows the impact we have made on so many lives and continue to do so.

Public benefit

The trustees confirm that we have paid due regard to the Charity Commission guidance on public benefit reporting in deciding what activities the charity should undertake.

FINANCIAL REVIEW

Financial position

The Receipts and Payments Account and Statement of Assets and Liabilities are on page 6.

The main source of income this period has been that of the Gladrags shop which alongside raising funds provides valuable work experience to our beneficiaries.

Balances at the year-end amounted to £218,167 of which £202,922 is unrestricted and £15,245 is restricted.

The charity aims to hold 3 months expenditure in unrestricted funds. Excess reserves are held as a contingency.

STRUCTURE, GOVERNANCE AND MANAGEMENT

Trustees

The trustees as listed on page 2 served throughout the period and are in office as of the date of this report.

Governing document

Governed by the Constitution adopted on the 16th December 2021.

Structure

The trustees meet regularly to discuss matters relating to governance and management, also to steer the direction of Lancashire First.

Lancashire First CIO

Year ended 31st December 2024

TRUSTEES ANNUAL REPORT (continued)

Risk management

The Trustees have introduced a risk management process to assess business risks and are implementing systems to mitigate these risks. Internal risks are minimised by the implementation of procedures or authorisation of all transactions and projects and to ensure consistent quality of delivery for all operational aspects of the Charity. Procedures are in place to ensure compliance with health and safety of staff, volunteers, clients and visitors to the premises. These procedures are periodically reviewed to ensure that they still met the needs of the Charity.

Approved by order of the board of trustees on 30th October 2025 and signed on its behalf by:

Moazzam Ali

INDEPENDENT EXAMINER'S REPORT TO THE TRUSTEES OF LANCASHIRE FIRST CIO

I report to the charity trustees on my examination of the accounts of the charity for the year ended 31st December 2024.

Responsibilities and basis of report

As the charity's trustees you are responsible for the preparation of the accounts in accordance with the requirements of the Charities Act 2011 ('the Act').

I report in respect of my examination of the charity's accounts carried out under section 145 of the Act and in carrying out my examination I have followed all the applicable Directions given by the Charity Commission under section 145(5)(b) of the Act.

Independent examiner's statement

I have completed my examination. I confirm that no matters have come to my attention in connection with the examination giving me cause to believe:

- (1) accounting records were not kept in respect of the charity as required by Section 130 of the Act; or
- (2) the accounts do not accord with those records.

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in this report in order to enable a proper understanding of the accounts to be reached.

M R Heaton FCCA FCIE DChA
KM
1st Floor, Block C,
The Wharf
Burnley
Lancashire
BB11 1JG

30th October 2025

LANCASHIRE FIRST CIO

Year ended 31st December 2024

RECEIPTS AND PAYMENTS ACCOUNT

	Unrestricted Funds £	Restricted Funds £	2024 Total Funds £	2023 Total Funds £
Receipts				
Shop sales	122,670	-	122,670	109,852
Grants	-	28,200	28,200	9,449
Fundraising and donations	3,418	-	3,418	2,451
	126,088	28,200	154,288	121,752
Payments				
Staff	43,147	4,319	47,466	48,298
Rent	8,450	-	8,450	7,150
Other costs (project costs/volunteers etc)	44,299	8,636	52,935	34,073
	95,896	12,955	108,851	89,521
Net receipts/(payments)	30,192	15,245	45,437	32,231
Funds at 31 st December 2023	172,730	-	172,730	140,499
Funds at 31 st December 2024	202,922	15,245	218,167	172,730

	Unrestricted Funds £	Restricted Funds £	2024 Total Funds £	2023 Total Funds £
CASH FUNDS				
Bank current accounts	202,922	15,245	218,167	172,730
			2024 £	
Due to HMRC			5,043	

Approved by the trustees and signed by:

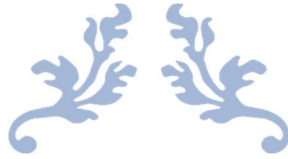
Moazzam Ali
Trustee
30th October 2025

LANCASHIRE FIRST CIO

Year ended 31st December 2024

NOTES TO THE FINANCIAL STATEMENTS

- 1 Basis of preparation
These accounts have been prepared on the Receipts and Payments basis in accordance with the Charities Act 2011.
- 2 Fund Accounting
 - (a) Unrestricted funds are those that can be expended at the discretion of the trustees in the furtherance of the objects of the charity
 - (b) Restricted funds are those that may only be used for specific purposes. Restrictions arise when specified by the donor.
- 3 Taxation
The charity is not liable to tax on its charitable activities.
The charity is not registered for VAT. Irrecoverable VAT is included in the expense to which it relates.
- 4 Transactions with trustees
No remuneration nor expenses were paid to trustees, or any persons connected with them during the year or previous year.
- 5 Restricted funds
The purpose of this restricted funds is explained in the Trustees Annual Report.



ANNUAL REPORT

JAN 2024 – DEC 2024



LANCASHIRE FIRST CIO

2 Yorkshire Street | Burnley | BB11 2DJ

About Us

Lancashire First CIO is a registered not for profit, Charitable Incorporated Organisation (CIO), set up to benefit the residents of Lancashire. As an organisation we strive to find opportunities for people with learning disabilities that are determined through working together to also support each other, so they can improve their life skills and future prospects.

Lancashire First CIO manages and operates a charity shop called Gladrags, which is located in the town centre of Burnley. The members and volunteers associated with the Gladrags charity shop have experienced staff to support them in their various roles.

Our prime focus is the community; supporting and helping local people to help themselves. We aim to find new opportunities and offer new experiences that help educate as well as ease the minds of our beneficiaries.

It has been seven years since Lancashire First CIO began operating, and during that time we feel honoured to have helped over 300 people with learning disabilities, whether that is through the volunteering opportunities at the shop or through tailored activities.

Even though the charity is based in Burnley, we support people from all areas of East Lancashire and beyond by offering a safe and accessible environment to people with a range of learning disabilities, ranging from 15 to 69 years of age.

The aim is to give individuals the chance to explore, develop, socialise and grow their ideas and goals through a wide variety of educational, social and practical activities.

We intend to empower individuals to enable them to contribute to their communities in a positive way, reducing social isolation and loneliness, as well as increasing their confidence and improving their physical and mental health.

Lancashire First CIO provides a safe, loving and warm environment where people come to learn and develop new skills. Most importantly, through this journey they are making new friends and forming long lasting and important relationships.

The charity is actively involved within our local community and contributes regularly in a meaningful way, helping to develop a strong community presence and build a positive image of people with learning disabilities, allowing for better integration and acceptance for all.

We would welcome you to visit the Gladrags charity shop where you can meet our volunteers and members with learning disabilities every Monday to Friday from 9.30am until 4.30pm and on Saturdays from 10am until 4pm, situated at 2 Yorkshire Street, Burnley, BB11 2DJ.



The Year in Review: Jan 2024 – Dec 2024

'Healthier and Happier Me' Project

The year began full of activities and opportunities for our service users, members and volunteers. We launched the 'Healthier Happier Me Project'; funded by the Lancashire and South Cumbria Integrated Care Board (LSCICB).

As part of the project, we ran four different activities including walks, art therapy, dance and yoga. The walks started on Sunday 7th January 2024, following this we began our hour-long seated yoga classes which began the following day on Monday 8th January 2024.

These activities were added to our current schedule, which consisted of weekly art therapy sessions every Wednesday and dance sessions every Friday. People with learning disabilities joined these activities, free of charge and benefitted from them greatly.

We started our Sunday walks at Townley Park, choosing it for our first walking route. Walking together each individual, achieved 13k steps, leaving them feeling refreshed and full of energy. We visited the bowling green, the forest and had some lunch by the fountain. We also had a budding photographer in our group too who managed to capture all the beautiful scenery around us. Our walkers loved seeing the little pixie sculptures in the forest and the squirrels and robins crossing our paths, so to say hello. Our three-and half-hour walk, helped calm minds and made everyone involved, feel fitter and happier.

January is normally a tough month for people, whether financially or trying to get fit, so we knew these activities would be very much needed and appreciated at this point in the year.

We thank BPRCVS for their support and Lancashire and South Cumbria Integrated Care Board for their funding towards this project.



Poster showing all the activities as part of the Healthier Happier Me project funded by the ICB.



Above: Service users participate in the yoga session.

Below: Dance session for our service users.



Pantomime

On Sunday 21st January 2024, we had the pleasure of taking 45 people including volunteers and members with learning disabilities to the Pendle Hippodrome in Colne to watch the spectacular Jack and the Beanstalk Pantomime show.

There was giggles, claps, boos and cheers; as everyone got involved in the interactive performance, which also featured Sooty & Sweep!

We would like give a huge thanks to the amazing staff at the Colne Municipal Hall who kindly provided our group free ice creams and juices to have whilst watching the show.

Our pantomime visits are an annual visit, for which we try and support up to 45 people by hiring out minibus transport and purchasing tickets for service users and their carers to enjoy an afternoon of performances by some fantastic actors and performers.

Our service users really had a brilliant afternoon and are looking forward to visiting again.



Our hardworking members and volunteers sat watching the amazing Jack and the Beanstalk Pantomime show at the Pendle Hippodrome in Colne.



Walks Continued

As January and February passed, we continued on with our walks. We visited places like the Barrowford Locks and the Foulridge Reservoir.

The group had grown in numbers and each week we would take 15 service users on a scenic walk as part of the 'Healthier & Happier Me' project.

Along the way, we were able to see the locks being used for travel, the boats, ducks, mules, horses, and a boating race too.

We were able to have lunch by the water, which was very enjoyable and peaceful. It really helped everyone feel at ease and enjoy the fresh air and amazing views.

Together, each of the participants accumulated around 13,500 steps, something we were all so proud of. Everyone left the walking route feeling energised and refreshed.

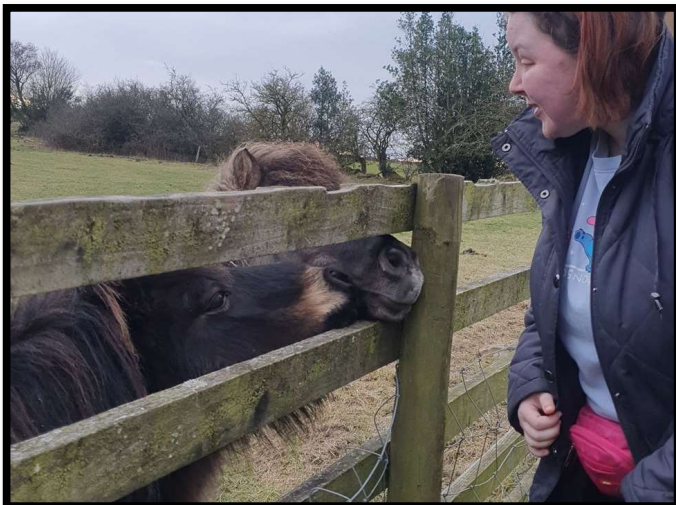
Thank you to BPRCVS and Lancashire and South Cumbria Integrated Care Board for their funding towards this project.



Group photo at the start of the walk.



Narrowboats lined up on the Barrowford Locks.



Our walkers spotted horses and mules along their route.



The boat race we were able to watch whilst on our walk.

Art Therapy Sessions

In March we got creative!

During the weekly art therapy sessions, we focused on creating some special pieces for mother's day. Below you can see our attendees decorating plaques with transfer stickers of their choices to create gifts for their mums, using different art techniques to make cute mother's day cards.

Our art group attendees planted some special little plants as gifts for their mums. They then decorated them in their own unique ways ready for them to be gifted.

A variety of skills were learnt, developed and demonstrated over the course of the sessions; these included vinyl transferring, planting, potting, card making and decorating objects.

Thank you to BPRCVS and Lancashire and South Cumbria Integrated Care Board and for their financial support towards this project and for giving adults with learning disabilities the chance to be creative and improve their mental health.

The art therapy sessions offer mental health therapy as well as a providing a safe space to socialise and to make friends. Our aim with any project and activity is to tackle social isolation and to make people feel seen and an important part of society.



Lettica showing us the mother's day plaque she made.



Dan feeling proud of the plant he has potted.



One of our attendees showcasing their decorated pot.



Margaret assisting Julie in decorating her mother's day plaque.

Happy Easter

Easter is always a fun time for everyone at Lancashire First, with creating and gifting.

Easter in 2024 was no different! A big thank you goes to Gillian who is the Community Champion at Asda in Burnley and Mukhtar who is the Community Champion Mukhtar at Tesco in Burnley for our small and large Easter egg donations. These were gifted to our lovely volunteers and members who all their hard work and ongoing efforts to support the charity.

We had a fun week getting ready for Easter during our art therapy sessions. Our lovely attendees spent the afternoon decorating Easter hats to take home with them. They got creative with felt carrots, stitch on flowers, cutout sheep, plastic eggs and Easter wording; helping them decorate and style their personalised hats.

We were delighted to see all the beautiful creations made by the talented bunch. Our attendees who are adults with learning disabilities love trying out new art techniques and getting creative. It brings out the best in them and you can really see their skills in full flow.



Gillian from Asda donating Easter eggs to volunteers; Sharon and Becky.



Mukhtar from Tesco donating Easter eggs to our Project Coordinator; Iram Sayeed.



Susan with her Easter egg gifted to her from Lancashire First CIO.



Edward delighted with his Easter egg gifted to him from Lancashire First CIO.



Helen at the arts and crafts session with the hat she decorated.



Cards made by our attendees at the drop in session.



A decorative Easter bonnet in progress.



Maxine and Sharon add decorations to their Easter hats.



Parveen admiring her decorated hat.



Katie feeling accomplished with her stunning creation.

Yorkshire Air Museum Trip

On Sunday 28th April 2024, we took 50 adults with learning disabilities and their carers to visit the Yorkshire Air Museum.

They all had a great time learning about aircrafts, aviation and hearing all about the gunners on our private tour as well getting inside some of the aircrafts.

It was amazing to see them posing with huge aircrafts and pretending to fly some too.

The museum itself is located on the site of RAF Elvington; a World War II bomber base.

We would like to thank Councillor Lian Pate for her support and funding towards this trip. We are ever so thankful and appreciate all the support she has provided to our charity.

A thank you also goes to the Mukhtar who is the Community Champion at Tesco in Burnley, who kindly donated sandwich bags and chocolates, which were given out to the attendees.

Below are some photos showing all the fun and laughs, during this engaging and educational visit. For many who attended it was the first time they had been provided an opportunity to visit the Yorkshire Air Museum.



Group photo taken at the start showing how everyone is ready to explore the exhibits at Yorkshire Air Museum.



Part of the group pictured inside one of the aircrafts.



Sharon, Scott and Connor posing as astronauts.



The group pictured alongside the largest aircraft at the Yorkshire Air Museum.



Emma and Sheila enjoying their visit.



Photo of Zeeshan learning about the Royal Aircraft Factory.



Some of the group trying out the seats in this aircraft.



Dan enjoying his time sitting in the pilot's seat.

Charity Support

As part of our art sessions, we like our attendees to explore different forms and methods of art, however we have not always had the resources to allow such.

Therefore, we are ever so grateful to Benefit Mankind for their huge generosity.

Their donation of three brand new sewing machines now means our service users can explore for creative avenues and create things they love with ease.

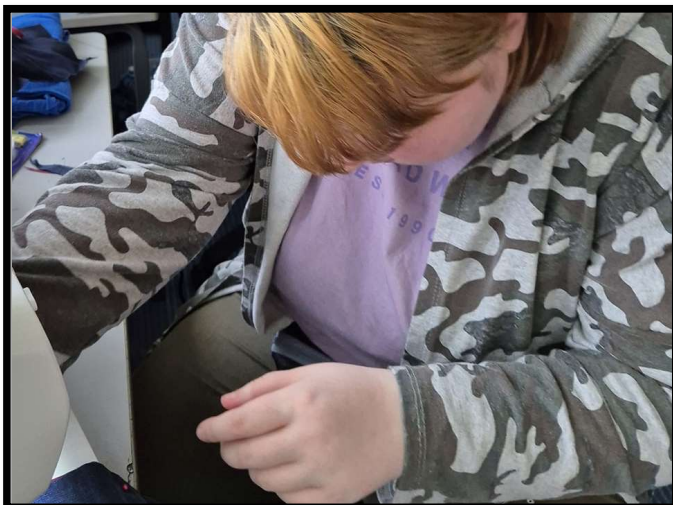
We had the sewing machine set up for one of attendees who was very excited and made a start on creating a pretty little cushion.

We cannot wait to see the things they can create with this special gift.

Benefit Mankind is a charity based in Blackburn who support causes worldwide. They are an aid relief organisation providing emergency aid globally and operating with a 100% donation policy. It is great to see local charities like Benefit Mankind doing so much great work, not only in the UK but in other countries around the world.



Daniel and Maxine delighted to receive sewing machines from the Benefit Mankind charity.



Becky here trying out the sewing machine gifted to us from the Benefit Mankind charity.

Community Fundraising Event

In June, Tesco in Burnley hosted a community charity event organised by Mukhtar Mirza who is the community champion.

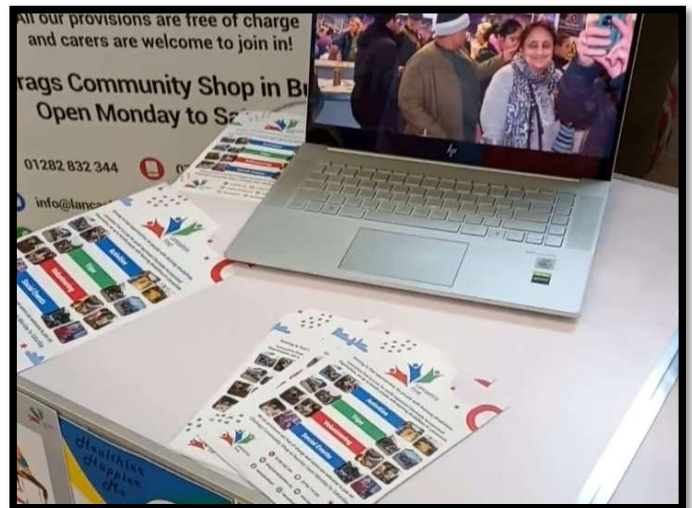
The charity fundraising event, saw a great number of customers come through the door to visit our stand at the event along with many other charities who were present.

Representing the charity at the event were our lovely volunteers and members, Sharon, Kimberley, Becky, Sam and Cathleen. Our volunteers and members really enjoyed the empowering experience and loved speaking to the shoppers about our services.

They all loved seeing many people take an interest in our organisation and seeing them sign up to our free activities.

We loved meeting other charities present on the day, all of whom are providing amazing services and supporting the people of Burnley.

Tesco in Burnley and the community champion work so hard to give charities the support we need and we are very grateful for this.



Our volunteers and members representing our charity at the Community Charity Event in Tesco, Burnley.



Photo above of some of the other charity organisations present alongside our stand at the event.

Boohoo Volunteer Visit

On Thursday 27th June 2024, we had the pleasure of hosting some fantastic volunteers from Boohoo in Burnley.

We had some kind Boohoo staff members visit us at our Gladrags shop in Burnley, helping support our current volunteers with their tasks; including steaming, tagging, visual merchandising, operating the till, sales and organising the shop.

Joining us on the day was Jackie who is a project manager, working across a number of sites. Ben who is the head of operations and runs the warehouse in Sheffield. Sam who is the project manager based in Sheffield. Arvinder who is the customs manager based in Soho and working at the London head office. David who is an accountant based in Pennsylvania, USA.

These hard working volunteers left their day to day jobs for spend one day with us. They came to help us run our charity shop and we had an absolute pleasure having them here.

In the afternoon they also joined us for our weekly arts and crafts session, helping our members sew cushions, make bracelets, complete diamond and sequin art as well as complete their art pieces.

It was a great day all round and we are very grateful for the support we have received. Our volunteers with learning disabilities loved supervising and assisting throughout the day.



The famous Boohoo vehicle parked outside our charity.



One of the staff from Boohoo voluntarily steaming garments.



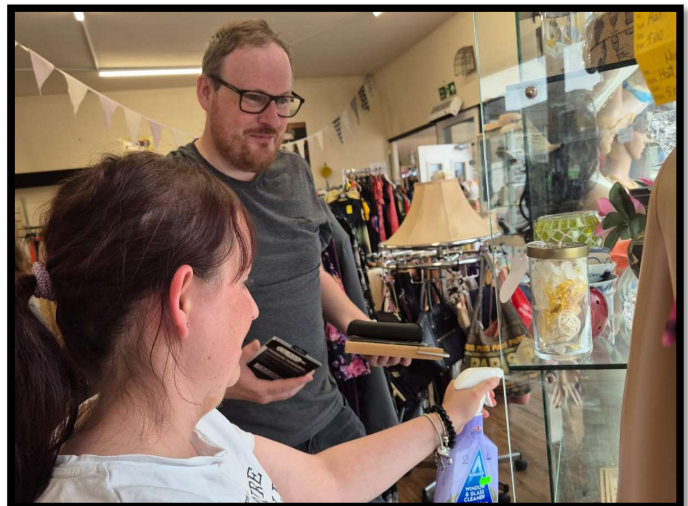
Arvinder here taking on the task of pricing items.



David operating the till whilst being assisted by Kerri.



Jackie checking and sorting through the donations.



Kim helping one of the staff clean and rearrange a display.



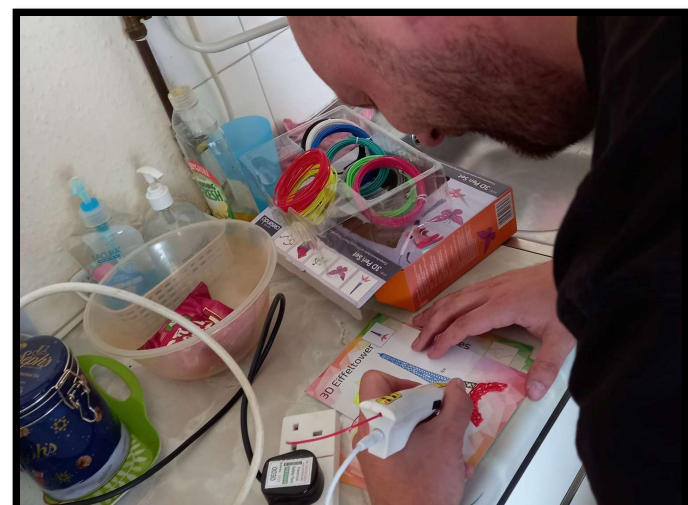
Our talented arts and crafts group make an art piece to appreciate the Boohoo staff.



Arvinder assisting Maxine and Laura with bracelet making.



More of the Boohoo staff help with bracelet making.



The staff from boohoo test out the 3D drawing pen.

Wales Trip

On Sunday 30th June 2024, we had the pleasure of taking 50 people including our members and volunteers with learning disabilities to visit Caernarfon Castle in Wales.

They all had a fantastic time exploring the grounds and the towers of the castle. Some of them reaching very high up and enjoying the stunning views from high altitudes.

Wales and in particular Caernarfon has a lot of culture and heritage to learn about. Everyone who travelled with us to Wales really enjoyed learning all about the history of this 700 year old medieval building, found in the Royal Welch Fusiliers Museum located within the castle. For many it was their first time seeing the castle up close and was a great experience for them.

This trip was very physically active and they each accumulated on average an impressive 12,000 steps.

In the afternoon they were also able to have some delicious fish and chips from J & C's chippy. Thank you to James the shop owner, for looking after us all.



The group pictured outside the wall of the Caernarfon castle in Wales.



Our trip attendees having a lovely time at the Welsh castle.



Alpacas Experience

On Sunday 21st July 2024, we took a group of our members and volunteers to take part in the Semerwater Alpaca Ambles experience and they all had a fantastic day. We hired two minibuses and travelled to North Yorkshire for the experience involving the Alpacas.

Jackie who runs the experience along with her team were so welcoming and accommodating to our needs, which made the trip and the experience so much more enjoyable.

The programme which was specifically tailored for us, included feeding the alpacas, stroking them, learning all about them; their eating patterns and temperament, doing arts and crafts with wool and a short meditation session to end the day.

Our attendees even got a gift bag to take home containing Alpaca wool and information about Alpacas. The group of adults with learning disabilities were so delighted with all the activities involved and really enjoyed the educational trip.

Thank you to Jackie, Nicolene and the team at the Semerwater Alpaca Ambles for a great day.



The alpacas here in their pen waiting to be fed.



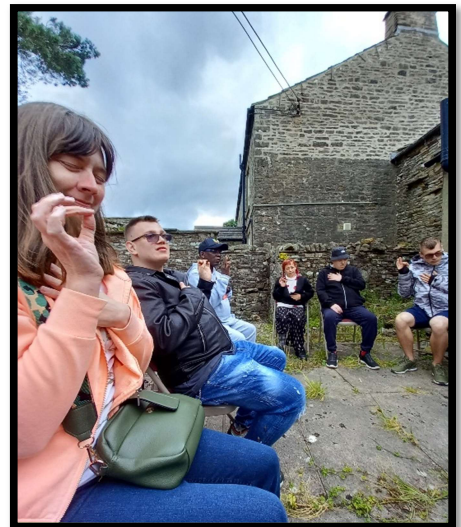
Kimberley walking one of the alpacas.



On the left; Danielle stroking the alpaca. On the right; Becky excited to walk one of the younger alpacas.



Our trip attendees familiarising themselves with the alpacas by petting, walking and feeding them.



The meditation session held at the school hall to end the day.



The attendees making patterns with the wool given out during the art session.

Art & Crafts Sessions

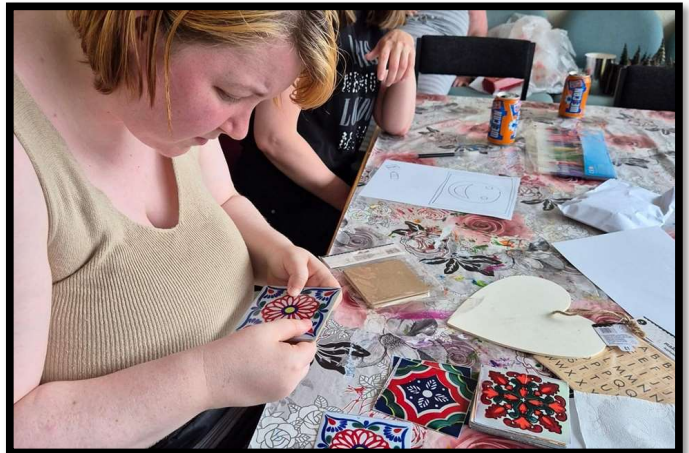
Our arts and crafts sessions have been going strong over the last few months, running every Wednesday from 2pm till 4.30pm.

We would like to thank Councillor Lian Pate and Lancashire County Council for the funding towards materials for the art sessions. These sessions help support the creative desires of our attendees who are individuals with learning disabilities. Every week we are able to buy new materials and supplies for our art classes.

Here are photos from one of the sessions where attendees make whatever they like:



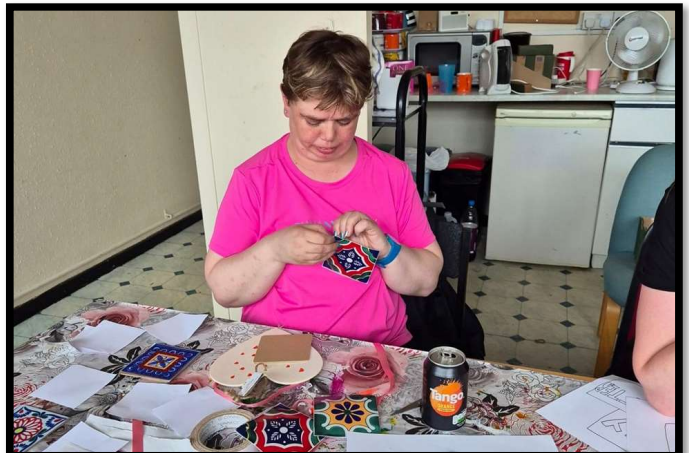
The art materials purchased from the Members Grant Fund.



Becky decorating tiles at the session.



April colouring and Maxine weaving a basket.



Julie focusing on decorating a wooden hanging heart.



Sam using his painting skills on a toy house.



Becky holding pieces of art that she has created.

Autumn / Winter Activities

In September, we arranged to host a set of 10 dance sessions for adults with learning disabilities. The sessions were free of charge and open to all abilities.

As part of our 'Improving Lives in Burnley' project, funded by the UK government through the UK Shared Prosperity Fund, we began the dance classes with Leanne from Dansworks Academy on Thursday 19th September 2024.

The sessions were held at the Vanguard Community Centre every Thursday from 11am till 12pm. As part of our 'Improving Lives in Burnley' project, we also organised a walking group.

Our first walking session began on Sunday 22nd September 2024. Walking has proven great for improving mental health in the past and we are looking forward to seeing the benefits of these walks we have planned, over the next weeks and months.

The group again consists of people of all abilities with a keen interest in getting fit and being able to socialise with others out in the open. The walks ranged from 3 to 4 hours and allowed our members to see an array of scenic spots around Burnley, Pendle, Colne and Blackburn.



The posters used to promote the activities organised as part of the 'Improving Lives in Burnley' project.

Improving Lives in Burnley

UK Shared Prosperity Fund

As part of the 'Improving Lives in Burnley' project funded by the UK government through the UK Shared Prosperity Fund, our service users were getting fit through Dance and Sunday Walks, as well as improving their mental health through art therapy.

We began seeing and hearing early signs of the benefits these activities were providing and we are looking forward to seeing our attendees grow more in confidence and get fitter as we go on. Our first walk as part of the 'Improving Lives in Burnley' project was to Clowbridge Reservoir. The walk felt refreshing and was great for our walkers mental health. Each of them accumulated 11,000 steps. Along the walk they had a chance to do some forest bathing and have some lunch watching over the scenic views of Burnley and Pendle and even met some horses. The weekly Sunday walks are aimed at improving the mental and physical health of individuals.

The group also headed to Rowley Lake and Brun Valley for one of their walks, where they spotted fruit trees, berries and peculiar looking insects.

During the walk our group fed the ducks and geese at the stunning Rowley Lake. They all had a great little walk around the lake and were looking forward to doing it again.



The group ready to take on their walk.



The group forest bathing amongst the trees.



The berries found on the trees along the walking route.



Kimberley feeding the ducks with seeds we bought along.

Halloween Party

Our members and volunteers have had a spook-tacular time celebrating Halloween at our Annual Halloween party.

We thank both Tesco in Burnley and Tesco in Accrington for their donations of pumpkins, bread, sandwich fillers and chocolate cake bars and to Asda in Burnley for their crisps too.

Everything went down a treat. We had party games and activities including pumpkin carving and decorating, mummified competitions and musical statues!

Everyone attending had a lovely time and we got to see some real creativity on the day.

For this year's Halloween party we hired out the Vanguard Centre, which meant there was plenty of space to socialise, decorate, feed and have a boogie too!

Events like these help our service users make friends and socialise in safe spaces with like minded people.



The food spread laid on for our party attendees including chocolates, sweets, sandwiches and crisps.





Showing off the amazing pumpkins they carved at the party.



Playing musical statues with horror moves.



Bakey constructing a horror piece with pumpkins & body parts.



Chris dressed up for the party.



Parveen with the pumpkin she decorated with stickers.



April with her carved and personalised pumpkin.

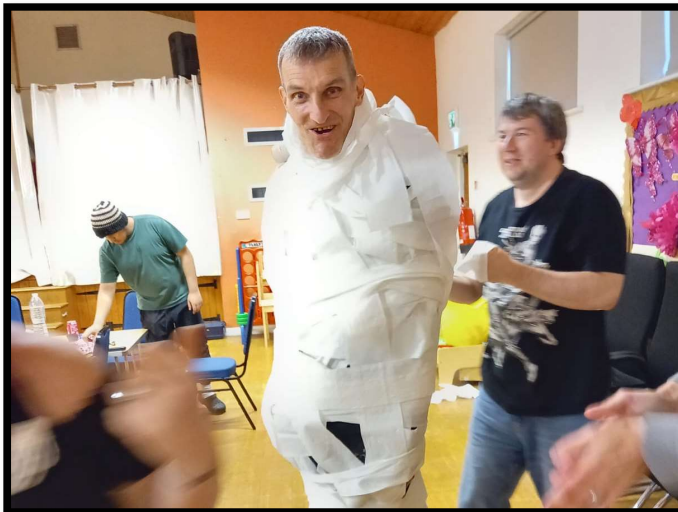
HALLOWEEN



Lettica and Jessica dressed up with their carved pumpkins.



Becky dressed as cat woman with her carved pumpkin.



Our mummified game leaving Ed in a wrap and Margaret in a pleading pose.



Shannon and Laura dressed as mummies.



Louise feeling accomplished by her carved pumpkin.

HALLOWEEN

Bowling

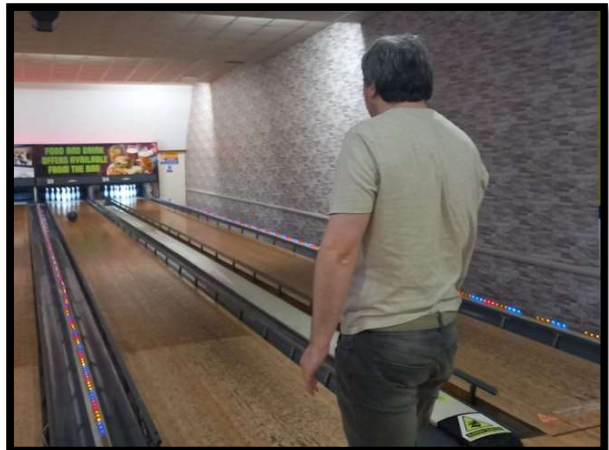
We took our fantastic volunteers for a night of bowling last month to reward them for their amazing and ongoing efforts.

Our 25 members and volunteers; who have learning disabilities were treated to three games of bowling in Burnley to thank them for all their efforts.

This group of individuals help us run our charity shop and we are ever so grateful to have them support us.

Our new volunteer programme funded by the UK government through the UK Shared Prosperity Fund allowed us to add such incentives to the mix meaning we are able to reward our volunteers as well as looking after their mental health.

Lancashire First CIO thanks all our volunteers for their brilliance. Rewards like this help our volunteers feel appreciated, valued and also with improved confidence and social skills.



Blackpool Illuminations and Markets

On Sunday 17th November 2024, we took a group of 35 individuals including adults with learning disabilities and their carers to Blackpool for the day.

Our day out involved visiting the markets at Christmas by the sea, the amusements, the fish and chip shop and the illuminations.

All our trip goers had a fantastic time, they went on the rides, were treated to hot doughnuts, played lots of games in the amusements and even walked a part of the illuminations to view them on foot.

With the outings we organise, we aim to make them full of purpose and we do believe the walk to view the illuminations was a great way to help our attendees get some physical activity in, additionally the rest of the trip gave them the chance to improve their social skills and make new friends.

We thank Boohoo for all their support which allows us to organise such great opportunities for our members and volunteers.



Our group posing in front of the Blackpool's famous tower and light up sign.



Connor and Scott on a ride at the Christmas markets.



Parveen and Kimberley being cheeky gnomes.



Sharon being cheeky with a polar bear.



Emma and Sam at the arcades playing a racing game.



Danielle enjoying her fish and chips.



Louise having a nice time eating her fish and chips.



Atizaaz enjoying his visit to the shops.



Julie and Sharon visiting the sweet market stall.



Christmas at Gladrags

We were ever so grateful to receive a huge selection of F & F clothing from Tesco in Burnley to sell at our Gladrags charity shop, which is based in the town centre of Burnley.

From Christmas jumpers to Christmas pyjamas and smart shirts to cosy joggers, we were donated it all, tooth paste, shampoo and makeup too.

Thanking Mukhtar from Tesco in Burnley for helping donate fantastic pieces to us which were displayed nicely in our shop, by our talented volunteers.

To keep the festive spirit high, we also ran a Kevin the Carrot Christmas raffle in the shop.

We were very delighted to announce our regular customer Jackie to be the proud winner of Kevin and his pals who we sold tickets for at our Gladrags shop too.

Thank you to everyone who took part and supported the charity through ticket sales, including our volunteers and lovely customers.

The sales from the raffle support the charity in organising activities that benefit our members, volunteers and service users.



Tesco in Burnley gave donations for the Gladrags charity shop to help raise funds for activities.



Kevin the carrot with the winner Jackie; a regular customer.

Christmas Party

Looking back on our fantastic Christmas Party hosted by Lancashire First CIO, for our lovely, members, volunteers, service users and donors. With over 80 people in attendance, our party at the Landmark in Burnley was filled with joy, laughter, festivity and plenty of delicious food. The night involved games, dancing, karaoke, feasting, and even Santa and Buddy the elf!

We would like to give a huge thank you to Boohoo for their generous donations throughout the year, which support us to put on events like these, year on year. We would also like to thank Jordan our fantastic DJ for his services on the night and a huge thank you to Jay Care in Burnley who are stairlift and mobility specialists for their generous donation of £250, allowing us to purchase a lovely desserts display for all of the amazing guests at our Christmas Party.

The desserts table featured carrot cake, victoria sponge cake, profiteroles and chocolate cake bites. Alongside this, we were also able to purchase chocolate celebration tubs to gift to our members and volunteers with learning disabilities.

A further thank you to all the fantastic people and local businesses who donated towards our raffle and Christmas Party. Tesco in Burnley and their community champion Mukhtar, ever so kindly donated a trolley full of goodies for our raffle as well as 6 celebration tubs. Asda in Burnley and their community champion Gillian also donated fifty mince pies and four chocolate tubs. Keep Me Gifts kindly donated stunning magnets and mugs for us to raffle. The Entertainer in Burnley donated a £15 gift card, which we used to buy raffle prizes. Lidl in Nelson kindly donated three chocolate tubs for us to share out to our guests at the event. One Beyond in Burnley were also kind enough to donate four boxes of chocolates.

We are so grateful for the ongoing support the local community and businesses have shown us over the years. We are charity that is proud to support people from our local communities and we will continue to 'strive to find opportunities for people with learning disabilities'.

We are already planning our Christmas Party for 2025 and it will surely be bigger and better!



Chocolates purchased with funds donated by Jay Care.



Trolley full of items donated for the raffle from Tesco.





Gillian from Asda donating chocolates for the Christmas Party.



Dessert table donated by Jay Care.



April and Maxine doing karaoke at the party.



Santa waiting to greet the guests at the party.



The guests enjoying themselves at the Christmas party.

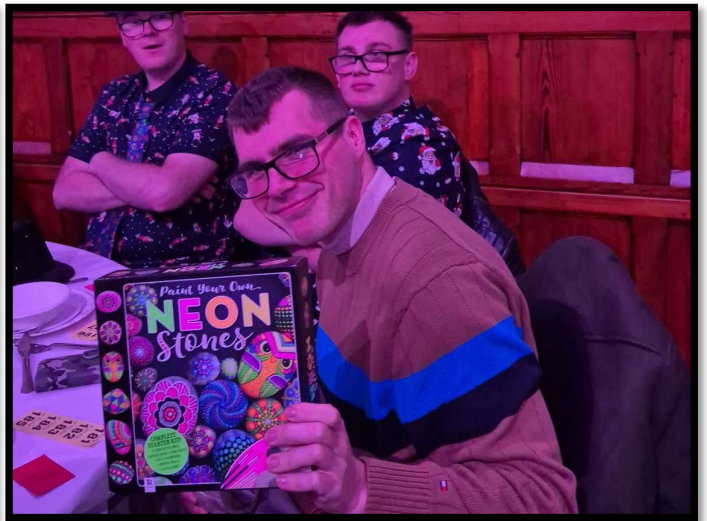


Sharon, Kimberley and Molly delivering their speeches about their experiences at the charity.





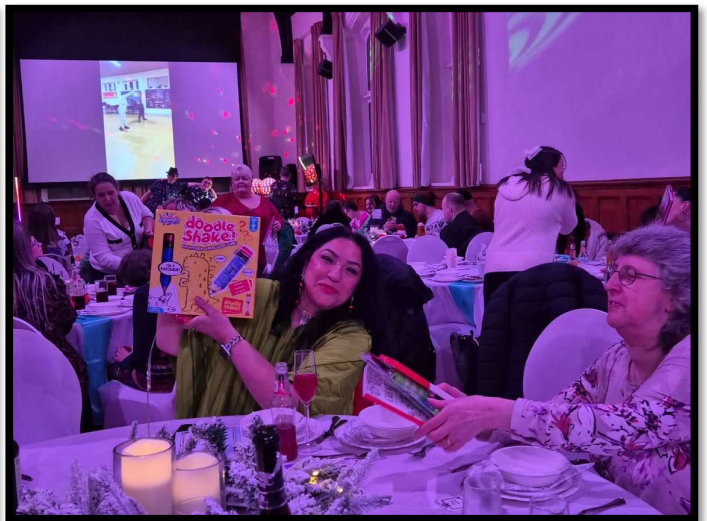
Scott and Connor enjoying themselves on the dance floor.



Dan showing us his winning prize.



Helen showing us her diamond art winning prize.



Shamim with her winning prize.



Louise doing a prayer for everyone in attendance.



Raffle prize table with gifts from Keep Me Gifts, The Entertainer and Tesco in Burnley.



Christmas Meal

On Christmas Eve we took our members and volunteers to a celebratory lunch to show gratitude for all the hard work, commitment and volunteering they do with us.

The group were treated to fish, chips, a dip and a drink to show our appreciation.

This visit was funded by the UK government through the UK Shared Prosperity Fund, which enabled us to reward our members and volunteers with such incentives.

The visit was enjoyed by all, who we know normally struggle a lot with their mental health and feel alone at this time of year in particular.

We would like to thank Banny's in Burnley for their hospitality and looking after us all so well.

Lancashire First CIO thanks all of our volunteers for their brilliance throughout this year. The charity is continuing to evolve, improve, get bigger and better year upon year and collectively we hope to continue on our journey together for the foreseeable future.

We look forward to seeing them all refreshed and energised in the new year!



Lancashire First CIO staff and volunteers enjoying their Christmas meal at Banny's in Burnley.



In conclusion, Lancashire First CIO had a very successful year, accommodating and providing opportunities for over 100 people. We managed and delivered three successful and prosperous grant funded projects around the themes of fitness, wellbeing, mental health, arts, culture and education.

Additionally, we hosted two events; including a Halloween Party and the Annual Christmas Party, both of which provided a safe social space for our members and volunteers with learning disabilities along with our donors and supporters of the charity.

We organised four trips for up to 48 beneficiaries each time, these included travelling to Wales, Blackpool and Yorkshire.

Our attendees were able to explore parts of the UK they have never seen or visited before, and they were able to learn and experience new things focusing on animals, health, history, culture and entertainment.

The organisation was also able to facilitate and organise three additional activities to help improve mental health and social skills. These activities centred around motor neurone skills.

Lancashire First CIO also managed the Gladrags charity shop with the support of our amazing volunteers, donors and customers. Year on year we are seeing an increase in the number of new customers visiting the Gladrags charity shop and a greater demand for the items available to buy. We would like to thank everyone for their ongoing custom and support.

Our biggest support comes from Boohoo in the form of clothing donations for the Gladrags charity shop; these donations allow us to fund trips and activities for our service users; many of whom volunteer at the Gladrags shop. We cannot thank Boohoo enough for their ongoing support and generous donations. We hope our relationship with Boohoo continues to grow.

Testimonials

We surveyed our beneficiaries after they had taken part in certain activities, trips and projects organised by Lancashire First CIO. Below you will find some of their personal feedback and comments about their experiences and reasons for participating:

Project: UKSPF – Improving Lives in Burnley

Activity: Walking Sessions

Name: Louise B

Feedback: “I’m doing really good and I’m really enjoying myself. I’m walking good and I’m feeling happier. Thank you for inviting me and allowing me to take part.”

Name: Kimberley

Feedback: “I’ve enjoyed the walking, seeing friends, getting regular exercise and trying to keep fit.”

Activity: Art Therapy

Name: Anisa

Feedback: "I feel better because I'm talking to more people, my confidence has improved. I liked dance and the arts and crafts helped me get creative and it's therapeutic."

Name: Parveen

Feedback: "Takes your mind off things and helps, I enjoy doing it in a group setting."

Name: Samuel

Feedback: "It makes me happy and I get to see and spend time with my friends."

Name: Daniel

Feedback: "I find it relaxing, helpful and a place to go to, to be with my friends."

Name: Samantha

Feedback: "It helps me meet new people and learn new skills."

Name: Sharon

Feedback: "I enjoy colouring and chilling with friends. Art is relaxing and therapeutic."

Name: Becky

Feedback: "I have fun meeting new people and the arts and crafts keeps my mind being clever. I find art relaxing."

Activity: Dance Sessions

Name: Lettica

Feedback: "I loved dance, and it made me feel happy you know."

Name: Daniel T

Feedback: "I like it because it is exercise and is good for your mental health. It helps you to make friends, meet other people and help others along the way."

Name: Daniel's Carer

Feedback: "You can see in their physiques they look slimmer and fitter and they are keeping it up; it's brilliant. It has improved Dan's mental health so much and he feels like he gets to see everyone more. It's a shame they've come to an end and are not continuing on anymore."

Name: Rebecca

Feedback: "It's fun and exercise and I've lost a lot of weight. I have good posture now."

Activity: Yoga Sessions

Name: Mukhtar

Feedback: "I've found it actually extremely helpful and enjoyable. It gives you a chance to relax and take off some or all of the stresses and problems that pile up on you."

Name: Sharon

Feedback: "I feel more relaxed at night time and I enjoy it."

Activity: Yorkshire Air Museum:

Name: Samuel

Feedback: "It was excellent. I got to see planes, which interests me. It gets me out the house and learn things."

Name: Kirsty F

Feedback: "Good and interesting; because you find where planes come from. It's also been good to make new friends and learn about new things."

Name: Rebecca

Feedback: "It was nice to look at the history and see what works in a plane. I've got more knowledge of the air force now."

Name: Aitzaaz's Carer

Feedback: "Aitzaaz has really enjoyed today, he learns visually so any activity he can see and get involved in, he enjoys. Reading the signs to him, he really enjoyed learning about the war and air force."

Name: Mukhtar - Community Champion at Tesco in Burnley

Feedback: "As a community champion, trips like this help me to get a better insight into what community groups are doing for the benefit of our local community. Continue doing the amazing work, you're a fantastic group helping people."

Activity: Trip to Caernarfon Castle, Wales:

Name: Emma H

Feedback: "I absolutely loved it. I was so excited to explore the castle. I pushed myself to get to the top but was so chuffed to make it. Visiting Wales was amazing."

Name: Danielle

Feedback: "It was good, I enjoyed it and I had plenty of fun. I felt brave, fit and confident."

Name: Keith

Feedback: "It was very interesting with plenty of history to the castle. I felt fit and healthy and it gave me confidence climbing lots of steps to the towers."

Name: Rehana and Yasin

Feedback: "Excellent and a very good educational trip. The day out with my son with special needs, we could safely go and come back on trips with no tension, all organised and looked out for. Keep up the amazing work and we hope to join you on future trips."

Name: Beth

Feedback: "I thought it was very fun and engaging. I learnt about the history of the castle and got to meet new people."

Name: Danielle and Jack

Feedback: "Loved it! First trip with the charity and we really enjoyed it! Socially we have been with like-minded people. Thank you to all involved with Lancashire First CIO and for inviting us to visit an amazing castle with so much history. We hope to go on many more trips."